Weight Control

URL of this page: http://www.nlm.nih.gov/medlineplus/weightcontrol.html

If you are overweight, you are not alone. Sixty-six percent of adults in the U.S. are overweight or obese. Achieving a healthy weight can help you control your cholesterol, blood pressure and blood sugar. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

Eating too much or not being physically active enough will make you overweight. To maintain your weight, the calories you eat must equal the energy you burn. To lose weight, you must use more calories than you eat. A weight-control strategy might include

- Choosing low-fat, low-calorie foods
- Eating smaller portions
- Drinking water instead of sugary drinks
- Being physically active

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Start Here

Overviews
- Basics of Weight Control [http://www.move.va.gov/download/NewHandouts/Standard/S01_TheBasicsOfWeightControl.pdf] (Department of Veterans Affairs) - PDF
- Healthy Weight -- It's Not a Diet, It's a Lifestyle [http://www.cdc.gov/healthyweight/index.html] (Centers for Disease Control and Prevention)
- Weight Management and Calories [http://www.choosemyplate.gov/weight-management-calories/weight-management.html] (Department of Agriculture)

Latest News
(05/07/2013, HealthDay)


**Diagnosis/Symptoms**


**Alternative Therapy**


**Nutrition**

- Enjoy Your Food, but Eat Less: 10 Tips to Enjoying Your Meal [http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet18EnjoyYourFood.pdf] (Department of Agriculture) - PDF
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/nutrition.html]
- Snacks: How They Fit into Your Weight-Loss Plan [http://www.mayoclinic.com/print/healthy-diet/HQ01396/METHOD=print] (Mayo Foundation for Medical Education and Research)

**Coping**

- Weight Loss: Ready to Change Your Habits [http://www.mayoclinic.com/health/weight-loss/NU00266/METHOD=print] (Mayo Foundation for Medical Education and Research)

**Specific Conditions**

(National Heart, Lung, and Blood Institute)

- Handling Weight Plateaus
  [http://www.move.va.gov/download/NewHandouts/Miscellaneous/M02_HandlingWeightPlateaus.pdf] (Department of Veterans Affairs) - PDF


- Proven Weight Loss Methods
  [http://www.hormone.org/sitecore%20modules/web/~/media/Hormone/Files/Questions%20and%20Answers/Heart%20Health/FS_CMD_Proven_Weight_Loss_EN%20web.pdf] (Hormone Health Network) - PDF


- Underweight? See How to Add Pounds Healthfully
  [http://www.mayoclinic.com/print/underweight/AN00597/METHOD=print] (Mayo Foundation for Medical Education and Research)


- Weight Loss: Choosing a Diet That's Right for You [http://www.mayoclinic.com/print/weight-loss/NU00616/METHOD=print] (Mayo Foundation for Medical Education and Research)

### Related Issues

- Beware of Fraudulent Weight-Loss 'Dietary Supplements'
  [http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm246742.htm] (Food and Drug Administration)


- Quick-Fix Diets Aren't the Answer for Lifelong Health: What Is the K-E Diet (Tube-Feeding Diet)?
  [http://www.eatright.org/Media/content.aspx?id=6442469944] (Academy of Nutrition and Dietetics)

- Quick-Weight-Loss or Fat Diets [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Quick-Weight-Loss-or-Fad-Diets_UCM_305970_Article.jsp] (American Heart Association)

- Stop the Cravings! [http://www.eatright.org/Public/content.aspx?id=6442469608] (Academy of Nutrition and Dietetics)

### Health Check Tools

- Calculate Your Body Mass Index [http://www.nhlbisupport.com/bmi/] NIH (National Heart, Lung, and Blood Institute)
  Also available in Spanish [http://www.nhlbi.nih.gov/guidelines/obesity/BMI/sp_bmicalc.htm]


- Make Your Calories Count
  [http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275438.htm] (Food and Drug Administration)

- Portion Distortion! Do You Know How Food Portions Have Changed in 20 Years?
  [http://hp2010.nhlbihin.net/portion/] NIH (National Heart, Lung, and Blood Institute)


### Tutorials

  Also available in Spanish
Videos
- Beware of Fraudulent Weight-Loss 'Dietary Supplements'
  [http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm246742.htm] (Food and Drug Administration)
- Watch Your Weight! [http://www.healthyroadsmedia.org/titles/engweight.htm] (Healthy Roads Media)

Anatomy/Physiology
- Metabolism and Weight Loss: How You Burn Calories
  [http://www.mayoclinic.com/health/metabolism/WT00006/METHOD=print] (Mayo Foundation for Medical Education and Research)

Clinical Trials
- ClinicalTrials.gov: Body Mass Index
  [http://clinicaltrials.gov/search/open/condition=%22Body+Mass+Index%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Diet, Reducing
  [http://clinicaltrials.gov/search/open/condition=%22Diet,+Reducing%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Diet, Reducing
- ClinicalTrials.gov: Weight Loss
  [http://clinicaltrials.gov/search/open/intervention=%22weight+loss%22] NIH (National Institutes of Health)
- ClinicalTrials.gov: Weight Reduction Programs
  [http://clinicaltrials.gov/search/open/intervention=%22Weight+Reduction+Programs%22] NIH (National Institutes of Health)

Research
- Food Choice May Affect Ability to Keep Weight Off
- Weight Loss and Complementary Health Practices: What the Science Says

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: High demand likely for prescription weight-control drugs.
- Article: Bariatric surgery for weight loss and glycemic control in nonmorbidly...
- Article: Obesity-driven endometrial cancer: is weight loss the answer?

Dictionaries/Glossaries

Directories
- Find a Registered Dietitian [http://www.eatright.org/iframe/FindRD.aspx?] (Academy of Nutrition and Dietetics)

Organizations
and Kidney Diseases)

**Statistics**
- CDC Vital Signs: Hospital Support for Breastfeeding [http://www.cdc.gov/vitalsigns/Breastfeeding/] (Centers for Disease Control and Prevention)
- Percentage of Adults with a Healthy Weight [https://healthmeasures.aspe.hhs.gov/measure/36b] (Department of Health and Human Services)
- Prevalence of Underweight Among Adults Aged 20 Years and Over [http://www.cdc.gov/nchs/data/hestat/underweight_adult_07_08/underweight_adult_07_08.htm] (National Center for Health Statistics)
- Prevalence of Underweight Among Children and Adolescents [http://www.cdc.gov/nchs/data/hestat/underweight_child_07_08/underweight_child_07_08.htm] (National Center for Health Statistics)

**MedlinePlus Magazine**

**Children**
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/nutricion/portions_esp.html]

**Teenagers**
- 5 Ways to Reach (and Maintain!) a Healthy Weight [http://kidshealth.org/teen/food_fitness/dieting/weight_tips.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/emotional_eating_esp.html]
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/preguntas/lose_weight_safely_esp.html]
- Should I Gain Weight? [http://kidshealth.org/teen/food_fitness/nutrition/gain_weight.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/gain_weight_esp.html]
  Also available in Spanish [http://win.niddk.nih.gov/publications/haztecargo.htm]

**Men**

• Getting on Track: Physical Activity and Healthy Eating for Men

**Women**


• Menopause Weight Gain: Stop the Middle Age Spread ([http://www.mayoclinic.com/health/menopause-weight-gain/HQ01076/METHOD=print](http://www.mayoclinic.com/health/menopause-weight-gain/HQ01076/METHOD=print)) (Mayo Foundation for Medical Education and Research)


**Patient Handouts**


**You may also be interested in these related encyclopedia pages:**


**You may also be interested in these related MedlinePlus topics:**


The primary NIH organization for research on **Weight Control** is the National Institute of Diabetes and Digestive and Kidney Diseases ([http://www.niddk.nih.gov/](http://www.niddk.nih.gov/))